

ABSTRACT

This invention relates to a rehydrating beverage containing Rhodiola crenulata and D-Ribose, which enhances blood oxygen, working capacity and endurance of exercising subjects. The rehydrating beverage containing Rhodiola crenulata and D-Ribose administered before a workout reduces muscle fatigue, prevent or alleviate muscle cramping and soreness in exercising subjects.

The rehydrating beverage was flavored, sweetened with sucralose with or without carbonation, contained specified amounts of herbal extract Rhodiola crenulata a simple sugars, D- ribose and glucose, electrolytes, and B-complex vitamins.

Rhodiola crenulata is an adaptogenic herb that offers varied physiological support to numerous systems in the body. D-ribose, or simply ribose, is a basic carbohydrate regulates the production of ATP, the most basic source of all cellular energy. The use of Rhodiola crenulata and D-ribose in re-hydrating beverage promotes blood oxygen levels, to enhance working capacity and endurance, to enhance cardiac and cardiovascular function, to prevent and alleviate of muscle cramping and soreness in exercising subjects.